

bon appétit

fast *easy* fresh

COOKBOOK

BARBARA FAIRCHILD

Cook the Book: Lamb Kebabs with Pomegranate-Cumin Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 garlic clove pressed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 pounds leg of lamb boneless trimmed cut into twenty-four 3/4-inch cubes
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon oregano dried

- ☐ 0.3 cup pomegranate molasses
- ☐ 1 large bell pepper red cut into twenty-four 3/4-inch squares
- ☐ 1 teaspoon salt

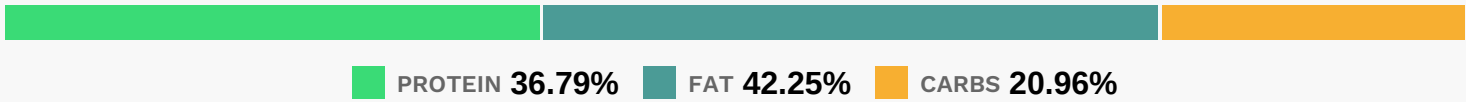
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Mix first 8 ingredients in 1-gallon resealable plastic bag.
- ☐ Add lamb and seal; turn to coat with marinade. Chill at least 1 hour and up to 4 hours.
- ☐ Remove lamb from marinade. Thread 1 lamb piece and 1 red pepper piece on each skewer; place on baking sheet. (Can be prepared 2 hours ahead. Cover and chill.)
- ☐ Prepare barbecue (medium-high heat) or preheat broiler.
- ☐ Sprinkle kebabs with salt and pepper. Grill or broil, turning often, about 4 minutes for medium-rare.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.7247825938722%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 35.16kcal (1.76%), Fat: 1.63g (2.5%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.16g (1.29%), Cholesterol: 9.53mg (3.18%), Sodium: 106.72mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin C: 8.88mg (10.76%), Vitamin B12: 0.4µg (6.7%), Selenium: 3.57µg (5.1%), Vitamin B3: 1.01mg (5.04%), Vitamin A: 217.34IU (4.35%), Zinc: 0.6mg (4.02%), Phosphorus: 31.92mg (3.19%), Vitamin B2: 0.04mg (2.61%), Vitamin B6: 0.05mg (2.57%), Iron: 0.43mg (2.41%), Vitamin E: 0.29mg (1.94%), Manganese: 0.04mg (1.93%), Potassium: 62.98mg (1.8%), Vitamin B1: 0.03mg (1.75%), Folate: 6.8µg (1.7%), Magnesium: 5.71mg (1.43%), Vitamin K: 1.49µg (1.42%), Vitamin B5: 0.13mg (1.33%), Copper: 0.02mg (1.17%)